

Implementation of an integrated electronic referral to local Diabetes Prevention Programs within a family medicine clinic

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Context

- Patients in our community are concerned about obesity and diabetes, with significant racial disparities in diabetes rates.¹
- Diabetes Prevention Programs (DPPs) are an evidence-based treatment that can prevent or delay development of diabetes, but they are underutilized.²
- There is financial and logistical support to increase utilization of DPPs at a national, state, and local level.³
- Integration of DPP referrals into existing clinic work-flow via Electronic Health Records (EHRs) is an important first step to increase utilization of DPPs.^{4,5}

Objective

- To develop and pilot an integrated electronic referral system to local Diabetes Prevention Programs.

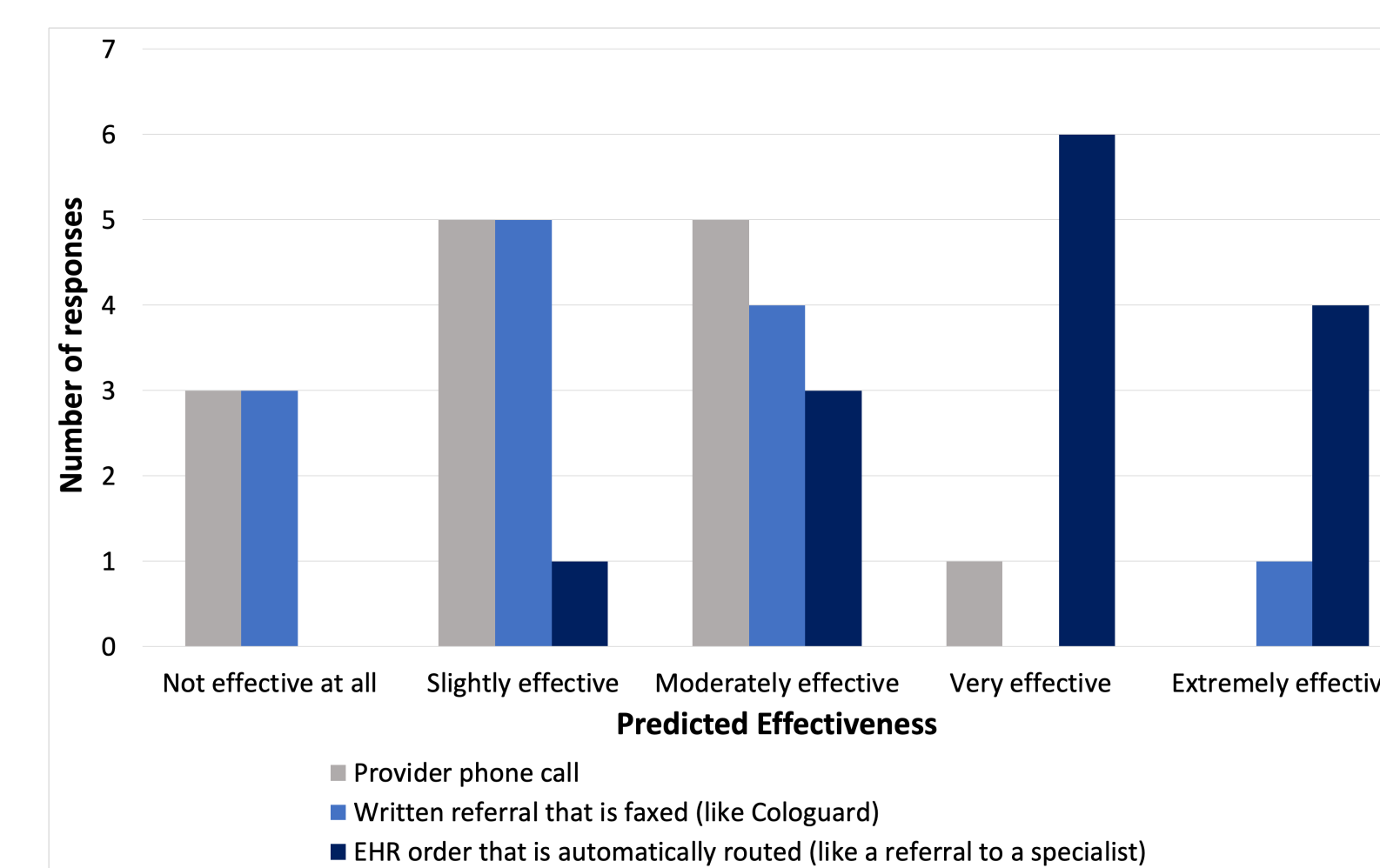
Methods

- Consultation and coordination across multiple groups
- Survey of Duke Family Medicine residents
- Creation of a prediabetes registry within the EHR to identify patients who may be eligible for a DPP
- Development of an electronic referral to local DPPs and supporting EHR Smart Phrases
- Pilot testing of the EHR referral process

Conclusion and Next Steps

- Creation of the electronic referral was a surprisingly complex process. Persistence and careful planning with regular guidance from all groups involved is vital to the project's success.
- An initial pilot process has been completed and shown promise for increasing utilization of DPPs by family medicine clinic patients.
- Next steps include: Education campaign for clinic providers about DPPs and the new referral process, retrospective referral of eligible patients (n = 1700) using the prediabetes registry, and development of clinic-flow for Point of Care DPP referrals.

Results



Residents' predicted effectiveness of different referral methods.
N = 14, response rate = 88%

Name	Type	Code	Ref List	Cost to Org
Amb Referral to Point/Prep Diabetes	REF	REF479	AMB FACILITY REFERRALS DUNS	
Ambulatory Referral to Adult Diabetes Education	REF	REF20	AMB FACILITY REFERRALS DUNS	
Ambulatory Referral to Diabetes Prevention Program	REF	REF519	AMB FACILITY REFERRALS DUNS	

Class: External Re [X] External Referral

Referral: [Override restrictions] To provider: [Search]

Priority: Routine [X] STAT ASAP

Process Inst: Note about PRIORITY: STAT Appointment within 24 hours, ASAP Appointment within 7 days, Routine Appointment in more than 7 days

Referral to program: Triangle YMCA Online Eat Smart Move More Other

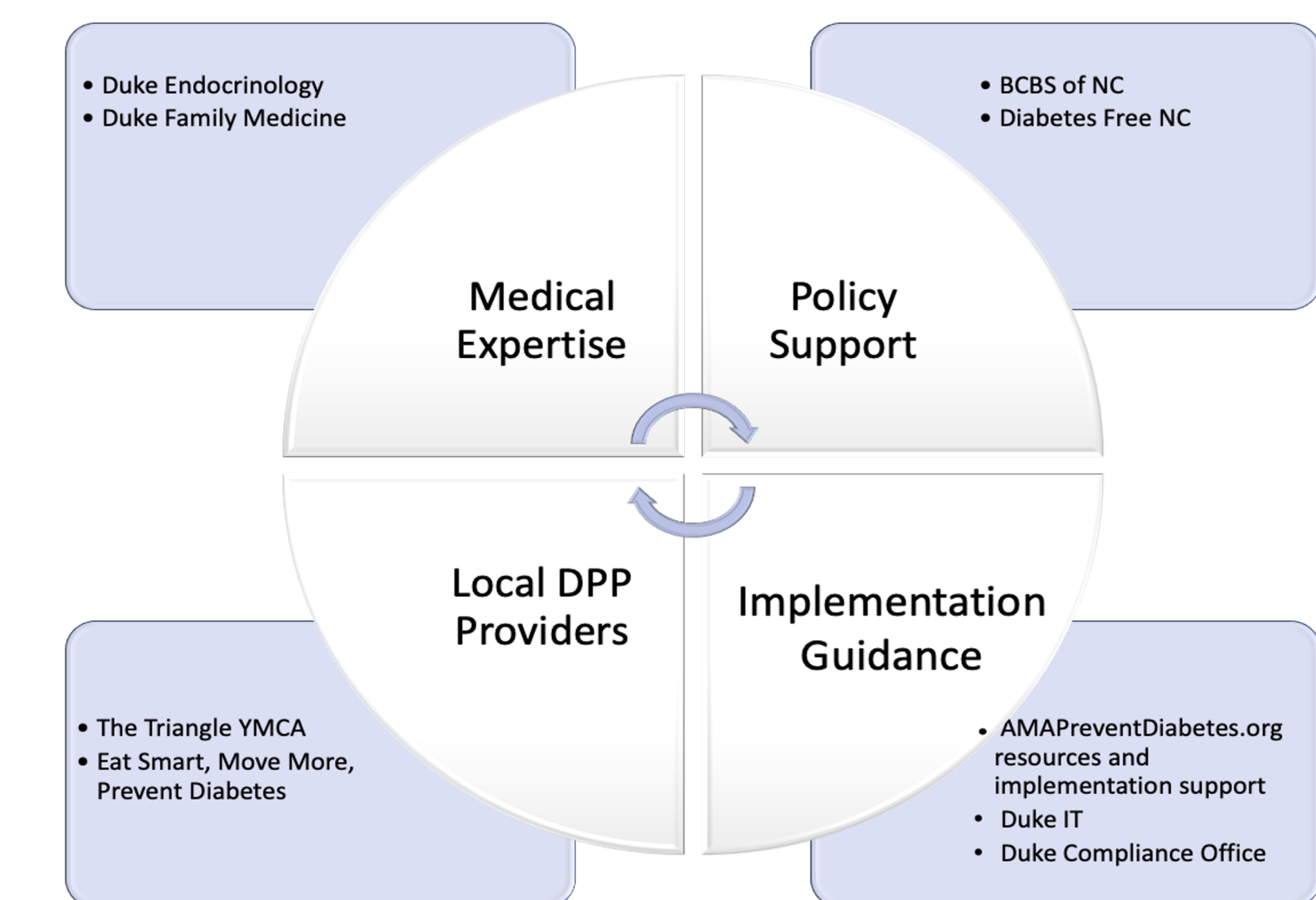
Last A1C Result: 5.4

Last BMI: 34.48

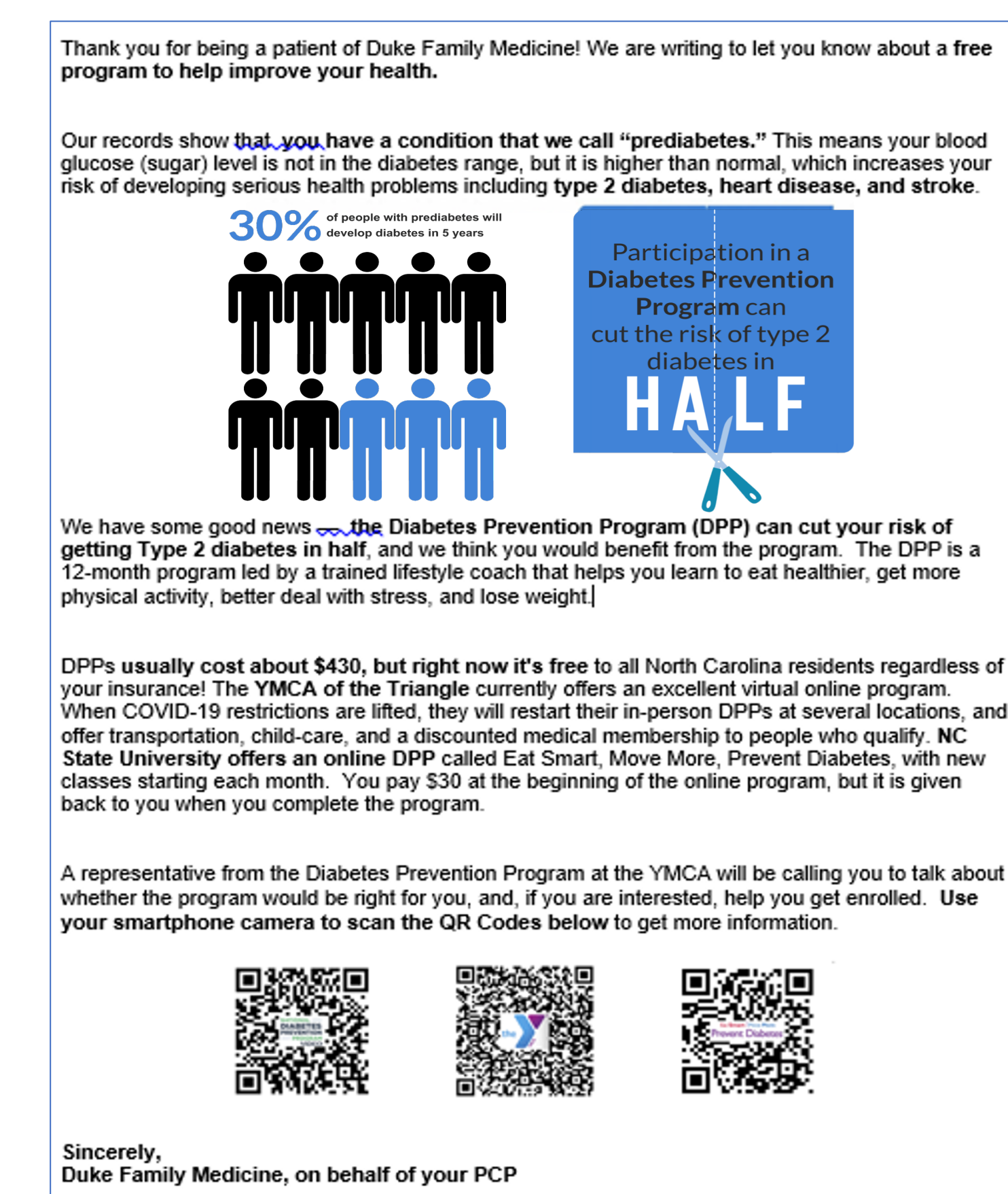
Comments: Select YMCA of the Triangle in the To-Provider section. Add do phrase: YMCAREXTERNAL to comments section.

Sched Inst: [Insert SmartText]

New electronic referral order in EPIC EHR.



Groups consulted in the development of the electronic referral.



Letter for patients eligible for DPP.

To date, ~55 referrals have been placed electronically to the YMCA. YMCA staff have attempted to contact 25, have successfully contacted 13, and are working towards enrollment with 6 patients.

References

1. Durham County Community Health Assessment. 2017. <http://healthydurham.org/cms/wp-content/uploads/2018/04/2017-CHA-FINAL-FOR-PRINT.pdf>
2. Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med 2002;346(6):393–403. [PubMed: 11832527]
3. Blue Cross Blue Shield of North Carolina. (2019, June 18). "Blue Cross NC Invests \$5 Million to Combat Diabetes Epidemic in NC" [News release]. Retrieved from <https://tinyurl.com/BCBSDPP>
4. Holliday, C. S., et al. (2019). "Clinical Identification and Referral of Adults With Prediabetes to a Diabetes Prevention Program." Preventing Chronic Disease 16: E82-E82.
5. Adams, R., et al. (2016). "Implementation of the YMCA Diabetes Prevention Program throughout an Integrated Health System: A Translational Study." The Permanente journal 20(4): 15-241.